

Food: A balanced diet

I Should Already Know

Know that all foods come from plants or animals.

Know that everyone should eat at least 5 portions of fruit and veg per day.

Cut, peel or grate ingredients safely and hygienically.

Measure or weigh using measuring cups or electronic scales.

Assemble or cook ingredients safely and hygienically.

Sticky Knowledge

- 1 That all food has been farmed, grown elsewhere (e.g. home) or caught.
- 2 Name and sort food into different groups.
- 3 Cut, peel or grate ingredients safely and hygienically.
- 4 Measure or weigh using measuring cups or electronic scales.
- 5 Assemble or cook ingredients safely and hygienically.

Alternative	Changing an ingredient to something different. For example using diet cola instead of full sugar cola or eating a piece of fruit instead of a bag of crisps.
Diet	The food and drink that a person or animal usually eats.
Balanced diet	Eating a variety of foods from all five different food groups.
Evaluation	When you look at the good and bad points about something, then think about how you could improve it.
Expensive	Something that costs a lot of money.
Healthy	When everything in your body and head feels good.
Ingredients	Items that make up a mixture e.g. foods that make a recipe.
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Packaging	The packet or container, which holds a product safe, ready to be sold. It has information on about the product.
Refrigerator	A large kitchen appliance that keeps food and drink cold so that it will keep fresh for longer.
Sugar	An ingredient which is used to make food taste sweet. It comes from the sugar cane plant or from sugar beet.

The five different food groups are:

1. Carbohydrates
2. Fruits and vegetables
3. Protein
4. Dairy
5. Foods high in fat and sugar

